

BEGINNING SELF-DEFENSE (PERSONAL SAFETY)

Presented by the
Interagency Committee for State Employed Women (ICSEW)

Instructor (Clan Jacobs) is a Certified Defensive Tactics Instructor, an 8th Degree Black Belt, and a World Class Competitor and European Champion.

Attendees will learn the basics in personal safety. This will include classroom instruction (verbal defusing techniques) and limited self defense techniques (kicks, strikes, using simple items for protection such as pens/pencils, keys, etc.) to protect yourself from assault, muggings, rape, etc.

Attendees will have the opportunity to practice learned self defense techniques on mats with other attendees. Please wear comfortable clothing and soft-soled shoes.

Date: Friday, October
Time: 8:30 a.m. to 12:00 noon
Cost: \$30
Location: Lacey Fire District Station #34,
8407 Steilacoom Road SE, Lacey, WA 98513
Olympia, WA

HOW TO APPLY: Easy online registration:
<http://www.icsew.wa.gov/calendar/default.htm>

Payment: PLEASE MAKE CHECK PAYABLE TO "ICSEW". SEND A COPY OF THE INTERNET REGISTRATION FORM ALONG WITH YOUR PAYMENT OF \$30.00 TO **MICHELLE LUCERO, WASHINGTON STATE DEPARTMENT OF AGRICULTURE, P O BOX 42560, OLYMPIA, WA 98504; FAX 360/902-2087; or Mail Stop 42560.** PAYMENT IS DUE PRIOR TO ATTENDING TRAINING. NO CREDIT CARDS ACCEPTED. CANCELLATIONS MUST BE MADE TWO DAYS PRIOR TO THE COURSE.

ICSEW TRAININGS ARE OPEN TO ALL STATE EMPLOYEES.

**If you have any questions, contact Michelle Lucero,
mlucero@agr.wa.gov, 360-902-1967.**



ICSEW

Interagency Committee of State Employed Women

REGISTRATION FORM

COURSE TITLE: BEGINNING SELF DEFENSE (Personal Safety)

DATE: 10/27/06 A.M.

LOCATION: Lacey Fire District , 6500 Mullen Road, Lacey, WA 98513-2059

TIME/HOURS: 8:30 a.m. – 12 Noon

COST \$30

NAME: _____

WORK ADDRESS: _____

AGENCY: _____

E-MAIL: _____

TELEPHONE: (WORK) - _____

PLEASE MAKE CHECK PAYABLE TO "ICSEW" AND SEND THIS REGISTRATION FORM ALONG WITH YOUR PAYMENT TO **MICHELLE LUCERO, WASHINGTON STATE DEPARTMENT OF AGRICULTURE, P O BOX 42560, OLYMPIA, WA 98504; FAX 360/902-2087; or Mail Stop 42560.** PAYMENT IS DUE PRIOR TO ATTENDING TRAINING. A CONFIRMATION WILL BE EMAILED TO YOU WITHIN A WEEK WITH DIRECTIONS TO THE TRAINING SITE. BE SURE TO INCLUDE YOUR E-MAIL ADDRESS ABOVE FOR YOUR CONFIRMATION, ETC.

MICHELLE LUCERO, ICSEW EDUCATION COMMITTEE CHAIR
mlucero@agr.wa.gov, (360) 902-1967.